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HOUSEKEEPERS' CHAT Monday, September 3, 1934.

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Subject: "Cabbage for Economy." Information from the Bureau of Home Economics and the Bureau of Plant Industry, U.S.D.A.

--ooOoo--

Cabbage is still one of this season's best bargains in food. It was cheap earlier in the summer. I think you and I remarked on that one day. Well, it still is a bargain. When other foods are going up, it's nice to contemplate the cabbage which is actually cheaper this summer than last. And it's extra nice that cabbage happens to be one of our most popular as well as valuable vegetables.

We come by our taste for cabbage naturally. Our forefathers were cabbage eaters long before they came to America. In fact, folks were enjoying cabbage before the days of ancient Greece and Rome. The early settlers in America brought their cabbages across the sea with them, and, as a friend of mine says, "What's good enough for them, is good enough for us." But she added, "If they'll pardon me for saying so, we're much better cabbage cooks than our forefathers and mothers were. Where they cooked cabbage for hours, we cook it for minutes. Look over some of the old cookbooks and you'll find recipes for steaming cabbage one and one-half hours, for baking it two hours, or boiling it three hours!"

That explains probably why some people don't like cabbage. They've had neighbors that cooked cabbage for three long hours and the odor permeated the whole community. It made men leave home -- until the wind changed.

But when cabbage is cooked the right way it has nothing but a delicate pleasant odor. And the right way is five, ten or fifteen minutes. Short-time cooking gives us a vegetable delicate in flavor, texture and color. More important still, short cooking is easier on the vitamin C, one of the best qualities in cabbage. Long cooking destroys this vitamin in cabbage.

But let's not be too hard on the old ways of cooking cabbage. After all, the cabbage dishes concocted on the other side of the sea are well worth adapting in this country, even though these old-time cooks were inclined to cook the cabbage to death. Here in these United States we serve boiled cabbage -- buttered, creamed or scalloped. We use cabbage in slaw and in salads. But we might as well copy some of the other good methods that the housewives in Germany, Scandanavia, Russia and the Far East use.

One favorite Russian cabbage dish is spelled T-S-C-H-E. I won't try to pronounce that, but I'll tell you that it's better than its name suggests and

easier to make. It's a beef stew which includes cabbage, onions, leeks, a parsnip and sour cream.

I also have a recipe for German steamed cabbage, seasoned first with vinegar and later with a little sweet cream or top milk. This cabbage combination is delicious with ham or tongue -- or any other meat for that matter. Oh, yes, and then there is German fried sauerkraut -- fried in fat in which some onions have been browned. The Germans add cooked macaroni to this savory dish.

Have you ever served cabbage with sausages? Fry the sausages and arrange them on a hot platter with chopped cabbage which has been cooked for about six minutes in a little fat. Another good dish is cabbage scalloped with bread crumbs and cheese.

And have you ever tried the dish that is known as sweet-and-sour cabbage? This is red or white cabbage cooked with sour apples and seasoned with brown sugar and vinegar.

Cabbage rolls are a favorite in the Near East and elsewhere in Europe. For cabbage rolls, wilt each separate leaf and then fold it around a mixture of chopped seasoned meat and bread crumbs, or meat and rice. The rolls are then cooked in a little water in a baking dish and served with gravy, or perhaps they're cooked in tomato juice.

Dutch salad is one of the dishes highly recommended by nutritionists, because of the high vitamin value of the raw cabbage leaves. You know that raw cabbage like tomatoes and oranges stands at the head of the foods rich in vitamin C. Dutch salad is shredded raw crisp cabbage sprinkled with bits of fried bacon or salt pork. Over this pour a dressing of the pork fat, vinegar, pepper and dry mustard. There's a delicious dish, an easy dish, a valuable dish -- and a cheap dish.

Let's plan an economy dinner that features a cabbage combination for the main dish. Cabbage rolls; Whole wheat biscuits; Apple and peanut salad; for dessert, Hot or iced tea; and Cookies.

If you want directions for making sauerkraut, write to the Department of Agriculture at Washington, D. C. Sauerkraut doesn't furnish as much of the vitamins A, B or C as raw cabbage, but it is a fair source of these elements. And many people prefer the special flavor of cabbage preserved this way.